

IN THE SPECIFICATION

Please replace paragraph [00045] with the following amended paragraph:

[00045] In the manual release assembly 30, the plunger 88' of the locking mechanism 28' is manually manipulated. Referring to Figures 8-16, a knob supporting section 168 of plunger 88 88' extends from the disk 110 and has a diameter less than the disk 110, so that the disk 110 is located between the force-bearing section 106 and the knob supporting section 168. An endcap 132' is secured to projection 82' by two cap screws 134 that extend through endcap holes 136 in the endcap 132' and thread into cap screw holes 138 in the projection 82'. The knob supporting section 168 of the plunger 88 88' extends through a knob hole 169 in the top cap 50, and a knob 170 is attached to the distal end 84' of the plunger 88 88' extending outside of the projection 82'. A spring 174 disposed about the plunger 88 88' extends reacts between the disk 110 and the endcap 132, causing the plunger 88 88' extends to engage the post 22 until the knob 170 is pulled away from the tube 24 by manual manipulation.

Please replace paragraph [00046] with the following amended paragraph:

[00046] In both embodiments, a bicycle seat 40 is mounted to the seat post assembly ~~20~~ 20' using a seat clamp assembly 176 that attaches to the seat clamp mount 36. The seat post 22 is mounted to a bicycle 34 by attaching the tube 24 to the bicycle 34 in the same manner as an ordinary seat post 22. During this seat mounting process, the seat height 116 relative to the bicycle 34 is adjusted to be in a high position for optimal power, with the post 22 fully extended. After the seat is mounted, manipulation of the plunger 88, 88' to extend or distend the post 22 allows the seat to transition between a high position and a low position while the bicycle 34 is being ridden. During competitive

mountain biking, for example, a rider can quickly lower the seat by operating the lever to unlatch the locking pin **88, 88'** from the inner post **22** while maintaining sufficient body weight on the seat to overcome the constant upward force of the main spring **76**. Once the inner post **22** begins to move downwardly, the rider can release the lever and the pin will drop into the upper-most hole of the inner post **22** to lock the inner post **22** in the lowered position. To return the seat to the fully raised condition, the lever is again actuated to unlatch the pin **88, 88'** while the user lifts his body to decrease the counterweight on the seat by an amount sufficient to enable the main spring **76** to raise and return the inner post **22** to the fully raised position.